

FAMILY PREPAREDNESS KIT

Below are suggestions for items to include in a family preparedness kit, many of which may be stored in a large duffle bag or large plastic container.

The Basics

- Water, at least one gallon per person per day, for three to seven days
- Foods that do not require refrigeration or cooking, such as peanut butter and granola bars, at least enough for three to seven days
- At least one flashlight with plenty of extra batteries
- A battery-powered radio with extra batteries
- A first aid kit, including a supply of all prescription medications currently taken by family members in their original bottles, plus copies of the prescriptions and any other important medical information, such as physicians' contact information
- Eyeglasses, with a copy of the prescription
- Plastic garbage bags, ties, and toilet paper for personal sanitation
- Feminine supplies
- Plastic bucket with tight lid
- Moist hand wipes
- Cash, including coins, as ATMs and banks may not be open or available
- Map of the area, to identify evacuation routes and locate shelters
- Special items that small children and the elderly might require
- Toys, books, and games
- Nonperishable food for pets

Clothing and Bedding

- At least one change of clothes, including shoes, for each family member (both warm and cold weather clothes if the area is affected by the seasons)
- Pillows and either sleeping bags or warm blankets for each family member

Tools

- A first aid book
- A signal flare and compass
- Mess kits or plastic utensils and paper cups and plates
- A nonelectric can opener and utility knife
- A small fire extinguisher
- Matches in a waterproof container
- Paper towels, plastic sheeting and duct tape
- Aluminum foil and plastic storage containers
- Paper and pencils or pens
- Pliers and a shut-off wrench, to turn off household gas and water (if necessary)

Helping to Heal: A Training on Mental Health Response to Terrorism

- Regular household bleach and a medicine dropper, to purify water in an emergency (Use 16 drops per gallon of water.)
- A tube tent (i.e., a simple survival tent)